

# ***Grades K-2 Programs***



## **Discs Are For Kids and Dogs Love Them Too!**

Suggested Ages	Grades K-2
Books	<u>Andy and His Yellow Frisbee</u> by Mary Thompson <u>Walter the Farting Dog</u> by William Kotzwinkle <u>Carl's Afternoon In the Park</u> by Alexandria Day
Websites	<a href="http://library.thinkquest.org/25034/">http://library.thinkquest.org/25034/</a> (Frisbee Golf)
Materials	Frisbees and/or "Chinet" style paper plates Empty 2 liter bottles or plastic bowling pins.
Warm-up	Read <u>Andy and His Yellow Frisbee</u> . Read <u>Walter the Farting Dog</u> . (You may want to get the O.K. from parents first about this one.) Tell <u>Carl's Afternoon In the Park</u> .
Fight Song	"BINGO"
Main Event	<p>Talk about autism and how there are many different people with different abilities. Andy doesn't talk, but he can sure spin a Frisbee.</p> <p>Frisbees can really fly and depending on how much it spins, can stay in the air a long time. Discuss how a paper plate is similar in shape to a Frisbee. Dogs love to play Frisbee. Practice the art of tossing by providing sturdy paper plates (similar in shape to a real Frisbee), and play Frisbee bowling. For older players, try Frisbee golf. Invite a trained Frisbee dog to demonstrate how well they can catch a flying disc.</p>
Post Game Wrap-up	Talk about things we can do with our dogs to keep them happy and healthy.

## Board Games (Alphabet Bingo)

Suggested Ages	Grades K-2
Books	<u>You and Your Child, Reading Games: Lots of Play Ideas for Young Children</u> by Ray Gibson <u>300 Three Minute Games</u> by Jackie Silberg <u>Chicka, Chicka, Boom, Boom</u> by Bill Martin
Websites	<a href="http://www.perpetualpreschool">http://www.perpetualpreschool</a> <a href="http://www.enchantedlearning.com">http://www.enchantedlearning.com</a>
Materials	Magazine pictures of animals (or another category of your choice) Oak tag or thick construction paper for bingo board bases Colored construction paper for the counters The alphabet, either cut up letters in a bag, or alphabet magnets etc.
Warm-up	"Now it's Time" finger play /song. To the tune of "London Bridge". "Now it's time to touch our nose, touch our nose, touch our nose, Now it's time to touch our nose, My fair (insert name). * Additional verses and movements...i.e. blink our eyes, touch our toes, stand up tall, sit back down, etc.
Fight Song	The "Alphabet Song" traditional.
Main Event	Prior to reading the story, sing a few bars of "London Bridge" because what happens in the song? The bridge falls down! This story is about letters that come falling down. Read <u>Chicka, Chicka, Boom, Boom</u> , a book that has a contagious rhythm and invites the letters of the alphabet to climb a tree...and boom, they fall down. Pass out the Alphabet Bingo cards and counters. You pick a letter out of the bag and they are to look for an animal that begins with that letter on their boards. Assist them by making the sounds as you pull them out. The first player to cover their entire card wins. This game is easily altered to teach colors, numbers, or other themes.
Post Game Wrap-up	Have pre-cut construction paper letters. Give each child a letter and glue it to paper. They can then use their imagination to create a creature or animal with the shape of the letter and some crayons. FUN!

## Olympics

Suggested Ages	Grades K-2
Books	<u>Koala L. Lou</u> by Mem Fox <u>Gus and Gurtie</u> by Joan Lowery Nixon <u>Norma Jean, Jumping Bean</u> by Joanna Cole <u>Way to Go, Alex!</u> by Robin Pulver
Website	<a href="http://www.abcteach.com/Olympics">www.abcteach.com/Olympics</a>
Materials	Paper towel rolls Glue Red and orange tissue paper Red, white and blue ribbon Juice lids Foil
Warm-up	Show the children how amazing the Olympic records really are. Let them measure how far the divers dive, or the long jumpers jump.
Fight Song	<p>“Wish, I could be in the Olympics” (Tune: Oscar Mayer Theme) Oh, I wish that I could be in the Olympics. I wish that I could run and have some fun. For if I could run in the Olympics, I’m sure that I would be number one!</p> <p>You can also play “Chariots of Fire” and have someone run into the room with a “torch”</p>
Main Event	<p>Have the children make Olympic medals. Cover jar lids (baby jar lids work great) with foil. Glue 3 inch strips of red, white and blue ribbon to each lid. If adult supervision is available, you might want to glue safety pins to the back of the jar lids and place ribbons on the safety pin.</p> <p>Read <u>Way to Go Alex!</u> Invite a Special Olympic participant to talk about his/her experience of being in the Olympics.</p>
Post Game Wrap-up	Have the children relay race outside. Make it fun by having them walk on all fours, walk backwards, hop or jump. Chant the Olympic motto as everyone leaves “Citius, Altius, Fortius” which means faster, higher, stronger.

## **Golf**

Suggested Ages	Grades K-2
Books	<u>Count on Golf</u> by Susan Green <u>My First Golf Book</u> by James D. Smith <u>Consider It Golf</u> by Susan Green <u>Froggy's Day with Dad</u> by Jonathan London
Materials	Small paper plates Golf balls Golf clubs
Warm-up	Tape small paper plates to the floor. Have children try to hit golf balls into the plates. Have small prizes for all children who participate.
Fight Song	"There's a Hole in My Bucket" from "Favorite Kids Songs" by the Countdown Kids
Main Event	Contact your local golf course and have a golf instructor bring golf clubs and demonstrate how to use the different clubs.
Post Game Wrap-up	Make a golf cap to wear while playing golf. To make the golf cap, cut a visor shape from poster board and attach it to a sturdy "Chinet" bowl. Paint the hats and allow to dry before taking them home.

## Hooray for Reading!

Suggested Ages	Grades K-2
Books	<u>Cheerleading in Action</u> by John Crossingham <u>Louanne Pig in Making the Team</u> by Nancy Carlson <u>Cheerleading</u> by Morgan Hughes <u>Cheerleading for Fun</u> by Beth Gruber <u>Three Cheers for Keisha</u> by Teresa Reed
Warm-up	Cheerleaders always do warm-ups before the game. Do some of these with your kids. To get an idea of stretches to do check out pages 8-9 of <u>Cheerleading in Action</u> by John Crossingham.
Fight Song	Play "Sports Dance" from the <i>On the Move With Greg and Steve</i> CD.
Main Event	<p>Read <u>Louanne Pig in Making the Team</u>. Talk about how boys can be cheerleaders too. Perhaps have a male and female cheerleader come to your program to give a demonstration.</p> <p>Visit this site <a href="http://songsforteaching.homestead.com/OurSchoolRap.html">http://songsforteaching.homestead.com/OurSchoolRap.html</a> Instead of doing "The School Yard Cha Cha Cha" change it to "The Library Cha Cha Cha". Give the children pom-poms, and let them parade around the library.</p>
Post Game Wrap-up	Have the children compete in a "cheer" contest. Their cheers should have something to do with reading of course. Later, have an event where the kids can perform their cheers.

## **Kowabunga, Dude!**

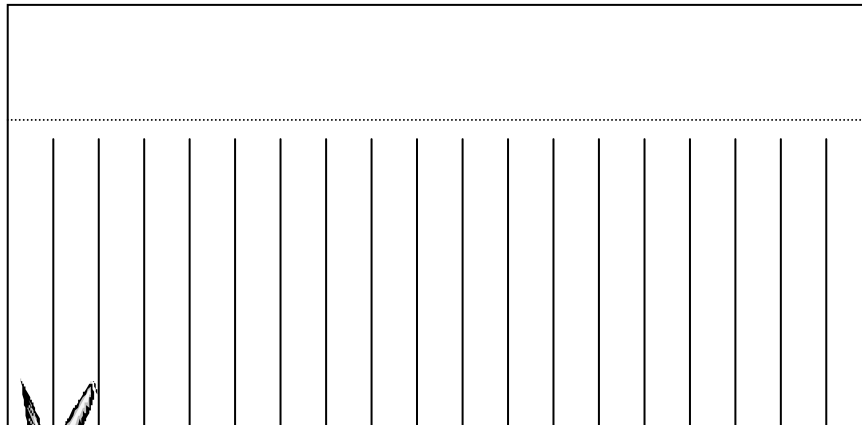
Suggested Ages	Grades K-2
Books	<p><u>Rhinos Who Surf</u> by Julie Mammano (This book is totally awesome, dude. Hang ten with these Rhinos and learn surfer-speak.)</p> <p><u>Surf! Your Guide to Longboarding, Shortboarding, Tubing, Aerials, Hanging Ten and More</u> by Scott Bass (National Geographic's book of color photos of kids surfing. Excellent introduction material.)</p>
Video (for instruction)	<p><u>Hula for Children</u> by Big Kids Productions or other Hula instruction video to learn basic foot steps.</p>
Websites	<p>A brief history of the Hula: <a href="http://library.thinkquest.org/J0110077/hulahistory.htm">http://library.thinkquest.org/J0110077/hulahistory.htm</a></p>
Materials	<p>Large, brown grocery bags, staplers, yarn and children's scissors (Party plastic leis optional)</p>
Warm-up	<p>Play selections of steel/slack-key guitar music. How does it make you feel? Talk about the history of the Hula and its importance to Hawaiian culture</p>
Fight Song	<p>"Pearly Shells" or other steel guitar songs, music by the Beach Boys or "Theme from Hawaii 5-0"</p>
Main Event	<p>Make "hula skirts" out of paper bags. Cut bottom out of paper bag. Cut down one side to open the bag into one large rectangle. The longest side will go around your waist. From what was the top of the bag, cut 1-1½" strips up to the fold line. Cut yarn at least 10" longer than the longest side. Fold yarn in with the top over itself twice, and staple to make the waistband.</p> <p>Teach children the basic foot steps of hula, and practice a dance using both hands. For instructions on how to dance "Pearly Shells," see <a href="http://library.thinkquest.org/J0110077/dance.htm">http://library.thinkquest.org/J0110077/dance.htm</a></p>
Post Game Wrap-up	<p>If time permits, you could always get out a broom-stick and limbo... or pretend you're on a surfboard while surfer music plays loudly! (Don't forget to do some totally tubular tricks!)</p>



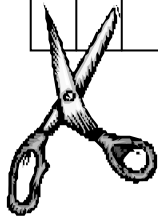
## **How to make a Grass Skirt from a Grocery Bag!**

- #1. Cut bottom out of large, paper grocery bag. Cut down one side, to open into large rectangle.

#2.

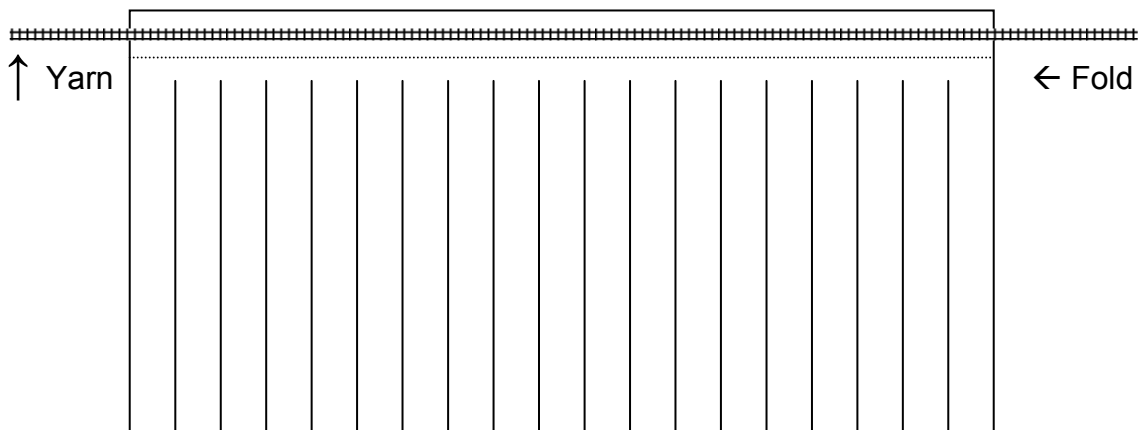


← Fold Line



Cut 1-1½" strips from the bottom of the skirt to the fold line

- #3. Fold top band over twice, with yarn inside, and staple.



← Fold Line

- #4. Cut length and width to adjust for smaller waists.



## Kickball

Suggested Ages	Grades K-2
Books	<u>Mrs. Toggles' Beautiful Blue Shoe</u> by Robin Pulver <u>Horrible Harry and the Kickball Wedding</u> by Suzy Kline
Websites	<a href="http://childparenting.about.com/library/glossary/bldefkickball.htm">http://childparenting.about.com/library/glossary/bldefkickball.htm</a>
Materials	Kickballs or Balloons Refreshments
Warm-up	Read <u>Mrs. Toggles' Beautiful Blue Shoe</u> . Talk about creative ways to get things down that are out of reach.
Fight Song	"Good Sport". Goodwill Millennium. C&E Funhouse, 2002. CDB0415560012
Main Event	<p>Kickball is played in two teams, and the game play is the same as baseball or softball. The pitcher rolls the ball to the kicker, who kicks it strategically. Play kickball with either a real kickball or make it challenging and play with a balloon. If you cannot get to a baseball field to play, you can play in the library parking lot. Cut bases out of cardboard and tape them to the ground.</p> <p>If you would prefer not to play kickball or if you have special needs children that are unable to play kickball, try providing crayons and papers to each of the children and asking them to draw an addition to the story of <u>Mrs. Toggles' Beautiful Blue Shoe</u>. They can create another crazy way the kids try to get Mrs. Toggles' shoe out of the tree. Write your new addition under the picture. Post these pictures all over the library.</p>
Post Game Wrap-up	Celebrate a good game with refreshments for everyone.

## Soccer or Is It Football?

Suggested Ages	Grades K-2
Suggested Books	<u>Louise, Soccer Star?</u> by Stephen Krensky <u>Soccer Cousins</u> by Jean Marzollo <u>Soccer Mom From Outer Space</u> by Barney Saltzberg <u>Soccer Star</u> by Michael Hardcastle <u>Winners Never Quit!</u> by Mia Hamm <u>Goal</u> by Robert Burleigh
Websites	<a href="http://www.tetrabrazil.com/history_of_soccer.htm">http://www.tetrabrazil.com/history_of_soccer.htm</a>
Materials	Have the children bring plain white t-shirts to storytime. Using fabric paint, or permanent markers, have them design their own soccer jerseys.
Fun Facts	Outside the U.S., soccer is known as “football”.
Warm-up	At soccer games, fans love to do “soccer chants”. Find one on the Internet, or make up one of your own.
Fight Song	Pump your audience up with a “Jock Jams” CD. This CD is available wherever music is sold.
Main Event	<p>Read <u>Soccer Mom From Outer Space</u> wearing a green sweat-suit so you look like Rueben’s cheerleading mother in the story. Use some green pom-poms, if you can find them. Serve up pickles after the story.</p> <p>Afterwards, have the children practice bouncing beach balls around without touching it with their hands. Tell them to use their head, knees, and feet like real soccer players. This activity is best done outside. Or, set up “goals” with chairs and have the children try to score a goal by kicking a soccer ball/ beach ball through.</p>
Post Game Wrap-up	<p>Cheer on your readers with your own cheer! Here’s one to get you started.</p> <p>All you Readers in the house Let me hear you scream and shout Yell READING (kids echo) Yell READING (kids echo) Yell ROCKS (kids echo) READING ROCKS! (say it together)</p>

## Soaking Wet! (Water Relay Games)

Suggested Ages	Grades K-2
Books	(Actually I would not recommend using any books with this program, due to the amount of water involved, but one could try reading a story while waiting to get started.)
Materials	<p>Hosepipe and available water outlet, assorted sized balloons or re-sealable plastic baggies, other materials as described below (Hint: Use re-sealable plastic baggies instead of water balloons to allow those with latex allergies to participate.)</p> <p>Be sure that everyone has clothes on that they can get wet!</p>
Fight Song	The music of Jan & Dean, The Beach Boys and other “beach” music
Main Event	See Water Relay ideas below
Post Game Wrap-up	If you run out of games to play, repeat! Or get out a broomstick and Limbo with the time left!
Relay Games	<p><b>Water Toss</b> (materials: re-sealable plastic bags and buckets of water) Open zip lock bags into buckets of clean water; then seal. Use these to toss back and forth instead of balloons. Increase the distance between players with each toss to make it more difficult. If they fall and open up, refill containers again.</p> <p><b>Wet Sweatshirt Dunk Relay</b> (materials: buckets, water and large sweatshirts) Each team should have one sweatshirt, one empty bucket and one bucket full of water. The first person on the team puts on a wet, wrung out sweatshirt. At go, they run to the bucket of water; take off the shirt and dunk it in the water. They then put on the soaking shirt, run back to their team, take off the shirt and wring out as much water as possible into their empty bucket. First team to fill their bucket wins!</p> <p><b>Hole In The Bucket</b> (materials: one large trash can or 30 gallon tub, two receiving buckets, two large coffee cans) (Preparation: Punch several holes into the bottom and the sides of the coffee cans using a hammer and large nail. To make sure there are no sharp edges around the top of can, hammer around the inside edge while against a hard surface.) Players start at the large trash can of water; dip their can (with holes) into the trash can, and run to their team’s receiving bucket to pour what water is left into the bucket. Then they run back to</p>

the starting point, and give the next person the can to do the same. The first team to fill their receiving bucket is the winner.

**Jump Rope Water Splash** (materials: jump rope, plastic cups and water)

Give each child a plastic cup full of water. Two players twirl a large jump rope. The jumpers must jump three consecutive times while holding onto their cup of water and trying not to let any water spill. The child that has the most water left is the winner. You can keep playing until only one person has water left in their cup. Increase the number of consecutive jumps to add difficulty.

**Over/Under Game** (materials: buckets of water, large sponges, pitchers)

Teams form a single file line. At the head of each line put a bucket of water. At the other end put a pitcher with a line drawn on it. Give a sponge to the person at the head of the line. That person dips the sponge in the water, and passes the soaking wet sponge over their head to the person behind who then passes the sponge to the person behind them through their legs. The sponge makes its way back over the head of one person and between the legs of the next until it gets to the person standing next to the pitcher. That person must squeeze whatever water is left into the pitcher and run the sponge back up to the head of the line, and dipping the sponge, continues the process on down the line until the pitcher is filled to the line.

**Ice Cube Melt** (materials: one ice cube per team of the same size)

The first person holds and rubs the ice cube until their hands get too cold. Then they pass it to the next person, and so on, until the ice cube melts. Whichever team melts their ice cube first wins.

**Duck, Duck, Splash** (materials: one large sponge and one bucket of water)

This game is played the same way that Duck, Duck, Goose is played – only instead of saying “goose”, you wring out the sponge on the persons head when you say “splash”.

**Water Limbo** (materials: one garden hose with water source)

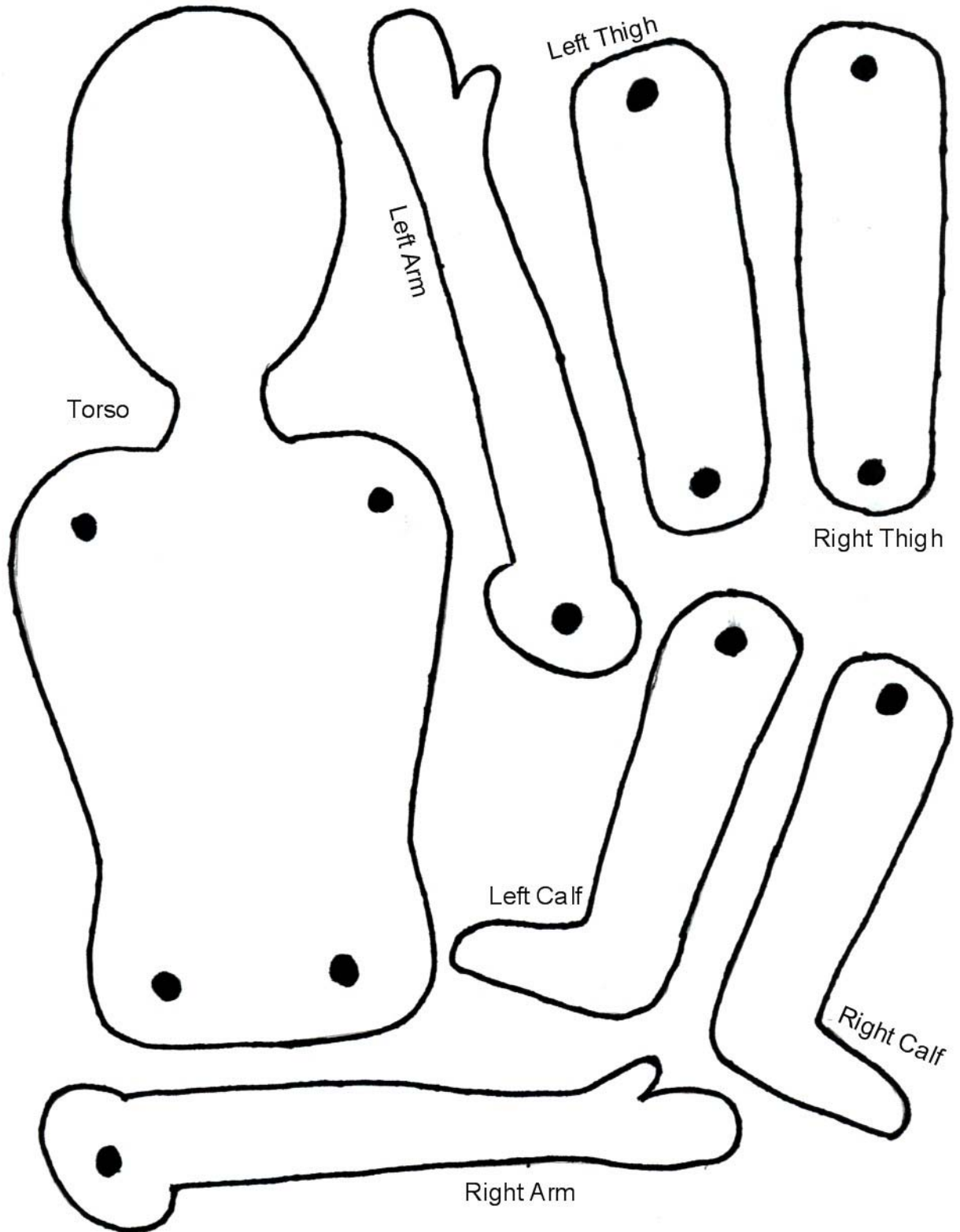
Get a garden hose and turn it on full. Put your thumb over the left or right half of the opening to create one jet of water. Limbo under the water stream. Each time the group walks under the water you lower it.

## **Balancing Act (Gymnastics)**

Suggested Ages	Grades K-2
Books	<u>Mirette on the High Wire</u> by Emily Arnold McCully <u>The Gymnastics Book</u> by Elfi Schlegel and Claire Ross Dunn <u>Angelina and Alice</u> by Katherine Holabird
Materials	Masking tape Brass brads Print out of “body parts” (see next page) Single hole punchers Scissors Crayons
Warm-up	<p>Read <u>Mirette on the High Wire</u>. This book proves that you should never give up hope. Keep on trying, and your dreams may come true.</p> <p>Put a piece of masking tape on the floor. See if the children can walk it without stepping off the line. For added difficulty, try holding an umbrella in one hand or balancing a book on your head.</p>
Fight Songs	Play circus music like “Under the Big Top” and patriotic toe-tapping marches while the children are “walking the high wire” and working on their gymnastics.
Main Event	<p>Since learning the balancing techniques and gaining the flexibility and strength to be a gymnast takes lots of time, have the children cut out and color their own gymnasts. Hole-punch the limbs, and attach brass brads so that the arms and legs can move in any direction. Children who finish first can have their gymnasts tumble across the mat any way they like!</p> <p>Display books like <u>The Gymnastics Book</u> for the children to check-out and take home.</p>
Post Game Wrap-up	With ample space and adult supervision, the children could take turns showing how they move their bodies with leaps, hops and rolls on a gymnastics mat.

## Make Your Own Gymnast!

Cut out the body pieces below. Decorate with the face, hair and clothes that you would like! Put holes and brass brads through the black holes on each piece to put your gymnast together, and get ready to tumble!







# ***Grades 3-5 Programs***